surrounded by many dangers. A mother who is ready and willing to meet labor is so much better equipped than a frightened mother, that every mother is entitled to all the encouragement that can be given honestly.

It is reasonable to suppose that by the time these preparations and observations have been made the doctor will have arrived. The nurse tells him what she has done, shows him the arrangements, and awaits any instructions he has to give. Her work is now about to begin.

THE SMALL HOSPITAL AND THE TRAINING-SCHOOL

By BERTHA MAYNE

In discussions as to the fuller evolution of the training-school, the small or private hospital stands as a factor,—and to many as a stumbling-block.

From the patient's stand-point no one questions that the private hospital offers certain advantages over the large institution.

The fixed routine, the inexorable laws, and unbending rules of treatment that are essential in the administration of the one are impracticable for the other. In short, the private institution may combine the order necessary for the proper treatment of disease with the atmosphere of the home. It can stop to recognize personalities as well as symptoms, and does not lose sight of the individual in the consideration of the "case."

Further comparison of relative merits in general methods is beyond our province as nurses, facing only the question of the training-school and its best possibilities.

The arguments against the small hospital as an educator are so apparent that "he who runs may read." Many of the points cited as appealing to a patient are a distinct disadvantage in the training of a nurse.

The discipline, the "hospital etiquette," the working out of systematic plans, and, above all, the scope and breadth of experience in a large hospital, are what every nurse would choose if she could judge as wisely at the beginning of her course as she can when it is finished.

As a general thing, however, the nurse is looking forward to private duty, where she is brought into different relations with her patient, and, in some degree, to her profession.

That nurse is most welcome in the family who adds tact and

adaptability to her skill. Beyond the carrying out of definite orders, the day's work will vary with the mood or caprice of the invalid. Firmness in essentials is necessary, but the faculty of differentiating, and of knowing how to deviate from fixed rules to meet individual idiosyncrasies goes far towards making the truly admirable nurse.

Just here the private hospital puts in its plea, here it supplements the larger institution.

There is continual and justifiable protest against the small training-school, and yet it has its part to play in the full education of the nurse.

The military drill is necessary, the importance of a broad knowledge of various diseases is recognized, but surely the nurse has a better opportunity of observing men and women, and of developing the "psychic factor" when the stress of daily routine is lessened.

If the small school could be regarded as an adjunct of the larger one, and by some arrangement could share in the training of its pupils, the nurse, the hospital, and the profession would gain thereby. This is only a step towards a higher development.

The training-school is handicapped by the *character* of its association with the hospital, and eventually, for the good of both, it must be established on an independent basis.

We see this method already working most successfully in individual institutions, and with the perfection of the plan a central training-school will supply nurses as they are called for to hospitals within a given radius. Will not this be the solution of the problem as to the uniform education of the nurse?

Before this end is reached, however, there are many debated points to settle and many obstacles to overcome.

The factor that we wish to eliminate is insufficient and indiscriminate training. To effect this we must have, first, a general recognition of our purpose, and then the co-operation of our own profession and that of medicine.

"A GLASS of water should always be taken the first thing in the morning. It exercises a twofold advantage. First of all, when sipped slowly it acts as a stimulator to the excretory organs. Secondly, during sleep a great deal of mucus is secreted by the membrane lining the mouth and other organs of the alimentary canal, and this morning drink removes it. Many a morning headache will be cured if this habit is carefully and systematically carried out."